

## Nourishment for the Neshama

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### Recommended Book - Thoughts for a Jewish Heart by Rabbi Ezzriel Tauber

Book Recommendation

Thoughts for a Jewish Heart by HaRav Ezzriel Tauber

Published by Shalheves, Jerusalem 2006

"Building a True Torah Approach to Life and its Challenges"

In this valuable book, Rabbi Tauber presents for us an outline of what Hashem wants us to accept upon ourselves for a true Kabbalas ol Malchus Shamayim.

In the introduction, he explains that to do this,

"We must focus tremendous energy on this demanding spiritual act if we want to accomplish it. We are being called upon to plant real, living emunah within our hearts: to know and feel that the world's Creator is also its King. We must engrave in our very hearts the realization that He is the true force behind all that takes place, and that everything He does is for our good, in this world and the next." ( p. 21)

Yet his humble approach, he fully admits that the reader may or may not accept what he says. He sets forth the ideas in this book with a suggestion that a person will be able to have a personal discovery when developing what is said in this book, then thinking deeply about it, and revealing deeper levels of it. Then, a person will make a personal discovery and create a living, personal connection with the Borei Olam.

He quotes Devarim 20: 1-4:

When you will go out to war against your enemies, and you will see horses and chariots more numerous than you, do not fear them; for Hashem your God is with you, Who brings you up from the land of Egypt.

And it will be that when you draw near to the war, the Kohen shall approach and speak to the people. He will say to them: "Shema Yisroel, here O Israel, you are drawing close this day to war against your enemies. Let your hearts not be faint! Have no fear, fright or terror because of them, for Hashem your G-d is going with you to fight for you against your enemies, and to save you."

Rabbi Tauber goes on to explain that the Ohr HaChayim Hakadosh says that this passage alludes to our battle against the yetzer hara.

"The great battle of a Jew's life is the battle against the yetzer hara. The yetzer hara is equipped with horses and chariots and all the weapons of war and destruction, and we often feel we are losing the war. We are totally at loss, without any idea how to overcome the enemy and win."

"But the above Torah passage tells us that in reality, we will win...chazal tells us clearly that Kabbalas ol Malchus Shamayim is our key to salvation at all times. It empowers us to vanquish the yetzer hara of our generation – the final yetzer hara – and to withstand all tests...we must remember that we have a special way to gain Hashem's favor: by making a true kabbalas ol Malchus Shamayim, accepting everything with love!" (p. 31-32)

In the introduction, Rabbi Tauber further addresses the reader:

"Anyone who approaches this book seriously is sure to benefit...approach it systematically and focus on what you are reading...let it become part of you."

"Whomever does this will be strongly influenced by the positive approach that underlies each and every section. His life will change dramatically for the better. He will build a personal connection with the Borei Olam, and he will find himself in healthy, pleasant relationships with all who surround him."

"...Each person must decide for himself whether these ideas speak to him. That is really the only way to approach this subject, for we are focusing on kabbalas ol Malchus Shamayim, which is a deeply personal mitzvah that each Jew must fulfill in his own way. Hence these ideas cannot be more than "food for thought."

"We hope that our efforts will be blessed by Hashem, and will bring benefit to our fellow Jews...Maybe they will remove our remoteness from the Borei Olam and bring us to a life connected to Him. Then our salvation will, with Hashem's help, come speedily and soon. Amen. (p.35)"

Part One of the book is Between Man and Himself:

The Link between Love and Happiness

Who am I?

The World was Created for Me

Chains of Love

You are Children

My Beloved

A Jewish Person is a Unique Person

Avraham Avinu's Path

The Trial of Faith in the Last Generation

First Accept my Sovereignty

The Footsteps of Mashiach

Part Two of the book is Between Man and Hashem:

Section One Emunah and Bitachon

Life of Emunah and Bitachon

What is Bitachon

Hishtadlus and Bitachon

Praying with Bitachon

Line an Infant in its Mother's Lap

Section Two Accepting Suffering with Love

The Secrets of the Jewish People's Pain and Suffering

The Tzaddik who Suffers

The Purpose of Suffering

Suffering as a Mission

But not through Suffering

Hanhagas Hamishpat and Hanhagas HaYichud